

# MARLEY SPOON



## Spiced Cumin Beef

with Carrot Hummus and Tomato Salad..



30-40min



4 Portions

Hummus doesn't have to mean chickpeas. This delicious remake stars carrot roasted with lemon zest and garlic in a chunky, hummus-like mash. Topped with beef flank steaks marinated in cumin, chargrilled, then thinly sliced, plus a fresh cucumber and tomato salad, this Middle Eastern-inspired meal proves healthy can be flavour-packed, too.

## What we send

- ground cumin
- tomato
- carrots, cucumber
- grass-fed beef flank steak
- garlic, parsley
- lemon

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- baking paper
- oven tray
- potato masher

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It's important the pan is very hot before adding the beef, otherwise it may stew slightly and become tough. Slicing the beef against the grain also ensures a tender finish.

## Allergens

May contain traces of allergenic ingredients.

## Nutrition per serving

Energy 405kcal, Fat 21.7g, Carbs 14.2g, Proteins 34.5g



### 1. Prepare carrots

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **carrots**, then cut lengthwise into 1cm-thick sticks. Finely grate the zest of the **lemon**, then juice. Crush or finely chop the **garlic**.



### 2. Roast carrots

Put the **carrot** on the lined tray. Add the **lemon zest, garlic** and **1 tbs olive oil**, season with **salt and pepper** and toss to combine. Roast in a single layer for 20-25 mins until tender and golden.



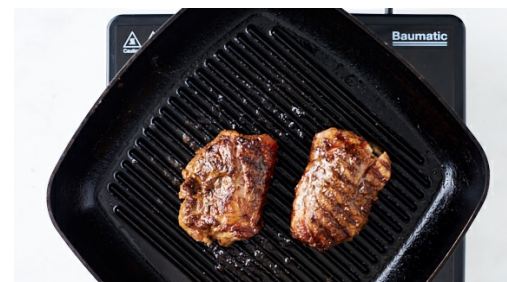
### 3. Prepare salad

Meanwhile, coarsely chop the **tomatoes** and **cucumbers**. Finely chop the **parsley**, including the stems. Combine the tomato, cucumber, parsley, **2 tbs lemon juice** and **1 tbs olive oil** in a bowl.



### 4. Marinate beef

Combine the **cumin** and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Add the **beef** and turn to coat.



### 5. Charrill beef

Heat a charrill pan or large frypan over high heat until very hot (see cooking tip). Cook the **beef** for 2-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 3 mins.



### 6. Get ready to serve

Meanwhile, put the **roasted carrots** and **1 tbs olive oil** in a large bowl, season with **salt and pepper** and coarsely mash with a potato masher. Slice the **beef** across the grain. Divide the beef, **carrot hummus** and **salad** among plates to serve.

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